

The Senior Nutrition Program supports the cost of lunches served to seniors at the following non-profit adult day care programs:

Bethesda Fellowship House.....301-654-2077 8015 Old Georgetown Road Bethesda 20814

Holy Cross Adult Day Care......301-754-7150 9805 Dameron Drive Silver Spring 20902

Misler Center.......301-468-1740
JCA Senior Day Care—Kosher Meals
1801 East Jefferson Street
Rockville 20852

The Support Center......301-738-2250 1010 Grandin Avenue Rockville 20851

Winter Growth.......301-774-750118110 Prince Philip Drive
Olney 20832



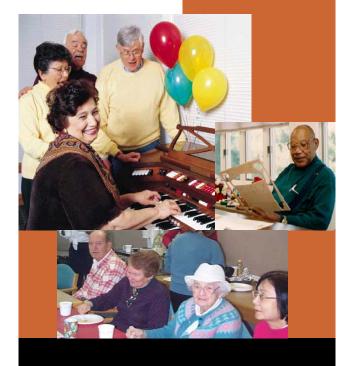


Montgomery County
Douglas M. Duncan, County Executive
Department of Health and Human Services
Aging and Disability Services

Call the Nutrition Office at:
240-777-3810 (voice) 240-777-1236 (TTY)
Or the individual sites for more information, or if you need any aids or services to participate in this program.

Language translation and alternate formats of the document are available upon request.

What Are You Doing You Lunch?



SENIOR NUTRITION PROGRAM

401 Hungerford Dr. 4th floor Rockville, MD 20852 240-777-3810 (voice) 240-777-1236 TTY www.co.mo.md.us/hhs/ads

The Senior Nutrition Program

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Recommended Dietary Allowances for older adults and follows the Dietary Guidelines for Americans.
- The program also provides meals for those who are homebound.
- Nutrition screening, nutrition education and counseling are available.

Eligibility

Anyone 60 years of age and older is eligible to participate. Spouses of any age are welcome. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals.

Seniors may bring guests—those under 60 years pay full price for the meal.

Home Delivered Meals



Home delivered meals may be available for seniors who are homebound due to illness or disability.
For information, call: 240-777-3810

Activities

Activities that are provided include exercise programs, classes and computer training at some sites, games, arts and crafts and social activities. Come and join us.











All congregate Nutrition
Sites are ADA compliant

Lunch is served at noon, Monday through Friday, except as noted. Reservations are needed by 1:00 p.m. at least one day in advance. For reservations call the sites.

Arcola Tower**301-649-9208** 1135 University Blvd. Wheaton, 20902

Coffield Community Center240-777-4904 2450 Lyttonsville Road

Silver Spring 20910 Thursday only

Damascus Senior Center301-253-1801

9701 Main Street, Damascus 20872

East County
Community Center301-572-7004

3310 Gateshead Manor Way Silver Spring 20904

Tuesday and Friday only

Elizabeth House.....301-565-7613 1400 Fenwick Lane, Silver Spring 20910

Fairland Community Center......240-777-4970

14906 Old Columbia Pike Burtonsville 20866 Thursday only

Germantown

Community Center301-601-1685

18905 Kingsview Road Germantown 20874 Monday and Thursday only **Holiday Park**

Senior Center.....301-468-4448

3950 Ferrara Drive, Wheaton 20906

Holly Hall Apartments.....301-439-0900

10100 New Hampshire Avenue Silver Spring, 20903

Lakeview House301-469-6927

10250 Westlake Drive, Bethesda 20817

Long Branch

Community Center.....301-431-5708

8700 Piney Branch Rd. Silver Spring 20901

Lunch at 1:00 p.m.

Margaret Schweinhaut

Senior Center301-681-1255

1000 Forest Glen Road Silver Spring 20901

Owens Park

Recreation Center301-428-8127

19900 Beallsville Road Beallsville 20839

Tuesday and Wednesday only

Rockville Senior Center......240-314-8810

1150 Carnation Drive Rockville 20850

Ross Boddy

Community Center301-570-1215

18529 Brooke Road

Sandy Spring 20860

Monday, Wednesday and Thursday only

Waverly House301-986-0052

4521 East West Highway, Bethesda 20814 Lunch at 12:15 p.m.



Gaithersburg Upcounty Senior Center

80A Bureau Drive Gaithersburg 20878

Meals are prepared on site
Reservations are needed by 2:00 p.m.
one day in advance
For information and reservations, call
301-258-6380



Ethnic Programs

Kosher meals are served at three sites with programming by the Senior Adult Division, **Jewish Community Center**. Call **301-230-3751**

Hebrew Academy

13300 Arctic Avenue Rockville 20853 Tues., Wed. Thurs. Fri. only

Coffield Community Center

2450 Lyttonsville Road Silver Spring 20910 Wednesday only

Jewish Community Center

6125 Montrose Road Rockville 20852 Tues. Thurs. and Fri. only

Vietnamese meals and programs are offered by the Vietnamese Senior Association of Maryland at:

Long Branch Community Center 301-384-4249

8700 Piney Branch Road Silver Spring 20901 Tuesday only Chinese meals are served at two sites with programming by Evergreen Senior Program, Chinese Culture & Community Service Center. Call 240-631-1200

Germantown Community Center

18905 Kingsview Road Germantown 20874 Tuesday, Wednesday and Friday only

Rockville Senior Center

1150 Carnation Drive Rockville 20850 Friday only

Tilden Middle School

11211 Old Georgetown Road Rockville 20852 Saturday only

Korean meals and programs are offered by two organizations:

Korean Community Service Center Global Mission Church301-933-7010

13421 Georgia Avenue Silver Spring 20906 Tuesday and Thursday only

Korean American Senior Citizens Assoc. of MD Global Mission Church.....301-924-5325

13421 Georgia Avenue Silver Spring 20906 Monday and Wednesday only

Garden Apartments 301-445-3690

440 University Blvd. East Silver Spring 20901 Thursday only

Londonderry Towers......301-921-4284

17060 King James Way Gaithersburg 20877 Friday only